



<https://echeckup.sdsu.edu/usa/alc/mil/182aw>

eCHECKUP TO GO Fact Sheet

Unique

- An online, anonymous, personalized alcohol intervention
- Includes personalized feedback; not a static assessment or typical education course.
- Focused on changing behavior. Behavior change requires an intervention beyond education. Education alone is not sufficient.

Proven: Significantly results from over 15 controlled studies

- BAC (blood alcohol concentration) reduced from .17 (over twice the legal limit) to .05.
- 20% reduction in high risk drinkers drinking to intoxication
- Drinks per week reduced from approximately 9 to 3 drinks with heavy drinkers
- 30% reduction in weekly drinking among first-year college students
- 30% reduction in alcohol related problems

Recognized

- NIAAA designated "higher effectiveness" and "lower cost"
- Sole intervention recommended by the Maryland Department of Health and Mental Hygiene funded report (*Guide to Best Practices*, 2013)
- Recognized as an evidenced-based intervention by NASPA (Student Affairs Administrators in Higher Education, 2013)

Easy To Use

- Brief 20 to 30 minutes to complete
- Anonymous
- Mobile
- Open to all family members